



# HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

## Key Dates 2023

30th March—Year 9 Options Evening

3rd—14th April—Easter Holidays

27th April—Year 8 Progress Evening

### Dear Parents/Guardians,

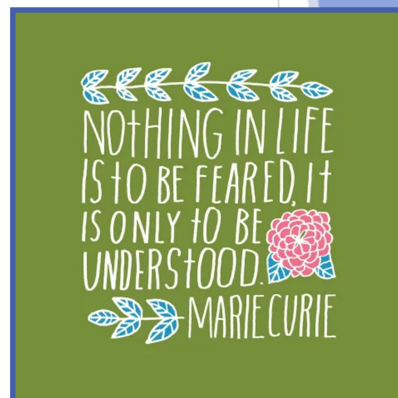
Last week I had the pleasure of taking two of our pupils to a Strand School Council event. The confidence in Sidra Ali and Adam McLaughlin was remarkable and speaking in the debating chamber really was a fantastic opportunity. As the only High School in attendance, it was lovely to see our pupils acting as such good role models for all the primary pupils.

Our Year 10 pupils are currently out of school on their work experience, something I know they are really enjoying. I can't wait to share more information with you in next week's newsletter.

We have recently received the names of the Year 6 pupils who are joining us in September and I am delighted to say that we are full, with a waiting list. Hillside's reputation in the local community has never been stronger and I am so proud about this, in terms of our pupils and colleagues, we truly deserve to be the 'school of choice' in this area.

**Amanda Ryan, Principal**

## Thought for the Week



### 'Goodbye'

This week we said 'Goodbye' to Kathy Curtain. Kathy has been a dedicated member of our catering team since she started working at Hillside on 1st September 1997, nearly 26 years of service to our school. Kathy will be missed by pupils and colleagues and I'm sure you will all join me in wishing her a happy and well deserved retirement.

*Mrs Ryan*

## Visit to Bootle Town Hall

What an immense pleasure it was to be at Bootle Town Hall last Thursday for a full on formal debate led by the Lady Mayoress of Sefton, on whether Social Media should be banned or not.

The children were amazingly respectful not only of the procedures that they needed to observe and follow ("Thank you Madam Mayor") but also of each other's point of view, even when they were espousing a different view. They were a credit to our school and I am immensely proud of how they acted, spoke and carried themselves.

A massive thanks to Kerry Pavey and all the local councillors as well as Madam Mayor herself and Peter Dowd, who fielded questions at the end of the debate too!

*Mrs Ryan*



[admin@hillsidehigh.co.uk](mailto:admin@hillsidehigh.co.uk)



0151 525 2630

## Rampworx Sessions

Rampworx in Aintree are offering selected free sessions to pupils as part of a funding project aimed at reducing anti-social behaviour in Sefton. As part of the offer, pupils would be given free coaching, equipment hire and a hot meal across 18 sessions at the skatepark on a Wednesday, Thursday or Friday. To apply for a place on this project, please complete the form by following the link on the QR code.

Please note that this project is set up and run by Rampworx and by applying for a place you would be committing to organising transport and consent for your child to attend.



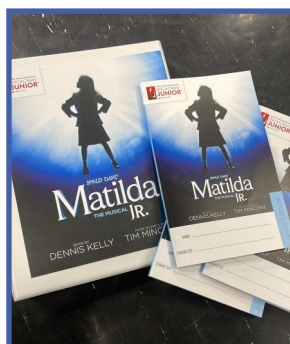
## Revolting Children ... We Are Not!

The Performing Arts Department has been buzzing with excitement the last couple of weeks as we have been granted the licence to perform 'Matilda' the musical for our summer production. As soon as the scripts arrived Miss Brown and Mr Richardson advertised the auditions and were delighted to see over 60 pupils arrive for the first round of the group stage. Miss Capstick put all the pupils through a rigorous singing workshop, whilst Miss Austin taught them some challenging choreography straight from the show. Once again, the pupils of Hillside did not disappoint as we got to witness an array of talent amongst all our fantastic auditionee's.

Once the group audition was over, we were delighted to welcome all who attended to form the ensemble for the cast, you all made it, well done!

We are now in the process of our "call backs" to figure out who will play the principal parts. Look out for news next week of the full cast and remember to check ParentPay for details of the London trip. It's going to be an exciting few months everyone!

*Miss Brown*



## ★ Pupil Achievements ★

First ABRSM music exam result of 2023: Lacey-Leigh Patterson, Year 10, passed her grade 1 piano exam (with merit).

Great result, well done!

*Mr Harrison*

**WELL DONE!**



# Bedrock

**bedrock learning**  
Weekly praise for our top *Bedrockers!*

<u>Top for weekly points earned</u>		<u>Top for weekly time spent on Bedrock</u>	
HaiYing Xue	8SW 244 points	Peace Aigbe	9GW 5h, 28m
Grace-Elizabeth Corrigan	7RA 145 points	AJ Rodger-Kays	7DH 1h, 59m
Loic Robert Nemet	9GW 144 points	Jake Binns	9GW 1h, 55m
<b>Mr Gibaud</b>			

# Breakfast Club

Come along to our fantastic breakfast club which is free of charge to all pupils.  
 Mrs McGing will be in the Dining Room everyday between 8am and 8:30pm



# GCSE Pods

**Top Podders** are the pupils who have streamed the most pods.  
**Questions Answered** are the pupils who attempted the most questions.  
**Diamond League** - are the pupils who have answered with the most accurate knowledge, the more correct responses, the more diamonds.

**GCSE Pod** For KS4

QUESTIONS ANSWERED ?

Liam B, Year 11 - 40

Brian L, Year 10 - 14

Lily R, Year 10 - 14

Excellence in the Heart of the CPIC COLLEGE

**GCSE Pod** For KS4

DIAMOND LEAGUE

Liam B, Year 11 - 55

Brian L, Year 10 - 23

Lily R, Year 10 - 19

Excellence in the Heart of the CPIC COLLEGE

**GCSE Pod** For KS4

TOP PODDERS

Tayla E, Year 10 - 34

Wachirawit W, Year 10 - 29

Mikey M, Year 11 - 21

Excellence in the Heart of the CPIC COLLEGE

# Safeguarding, Emotional Wellbeing and Mental Health

## Parent View

We always welcome feedback on our school and would ask that current parents, if you haven't done so already, to take five minutes to complete the Ofsted Parentview survey. Seeking your opinions is something we take extremely seriously. As our school goes from strength to strength we use this feedback to ensure we are better informed about what parents think when making decisions

<https://parentview.ofsted.gov.uk/login?destination=/give-your-views>

Parents, if it's more than 12 months since you last completed this survey you will need to do it again. Your views only last for 365 days and then they 'drop off'.

**Your Views Matter!**  
 Parent View gives you the chance to tell us what you think about our school  
[www.parentview.co.uk](http://www.parentview.co.uk)

**Pride In Hillside**  
 PIC • COLLEGE

## Sleep Support

**TOGETHER TRUST**  
 charity

### Sleep Support for parents and carers

Sefton parents and carers are invited to join the Together Trust for a short sleep session on sleep followed by time to chat with the specialist sleep practitioners

The session will take place between **12.30pm - 2.30pm** on the following date:

**Wednesday 22 March 2023**

at  
 SPCF Shared Space, Cambridge Family Wellbeing Centre, Cambridge Road, Bootle, L20 9LQ  
 (Next to Cambridge Nursery and adjacent to Bedford Primary School)

**Session content:**

- How sleep works
- How to create a good sleep environment
- Basic sleep strategies to support good sleep
- The opportunity to chat and ask questions to the sleep practitioners

If you would like to attend, please email [info@seftonpcf.org](mailto:info@seftonpcf.org)

Presented by  
 Two of The Together Trust's Specialist Sleep Practitioners, Moi and Leah

EXCELLENCE IN THE HEART OF THE COMMUNITY

## Mindful March 2023

### MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
 dayofhappiness.net

27 Appreciate nature around you, wherever you are

### TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

### WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

### THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

### FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

### SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

### SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

